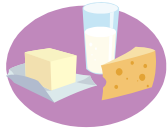


3 cups 1% milk  
2 tablespoons plus 1½  
teaspoons all-purpose flour  
1½ cups cheddar cheese, grated  
¾ cup mozzarella cheese, grated  
½ cup Parmesan cheese, grated  
8 ounces elbow macaroni,  
cooked and drained

### Vegetable choices:

1/2 cup red pepper, chopped  
1 cup spinach, chopped  
2 cups steamed broccoli, chopped



1. In a medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens.
2. Add 1 cup of the cheddar, mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well.
3. Stir in one, or more, vegetable(s) of your choice.
4. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved ½ cup shredded cheddar. Bake in 350° oven for 15 minutes or until golden brown. Let cool for 5 minutes before serving.

### Nutrition Facts

Serv. size 1/10 of recipe (143g)  
Servings 10  
Calories 240  
Fat Cal. 90

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carb.</b> 24g	<b>8%</b>
Sat. Fat 6g	<b>29%</b>	Fiber less than 1g	<b>3%</b>
Trans fats 0g		Sugars less than 1g	
<b>Cholest.</b> 30mg	<b>10%</b>	<b>Protein</b> 14g	
<b>Sodium</b> 280mg	<b>12%</b>		
Vitamin A 15%	Vitamin C 25%	Calcium 35%	Iron 8%

Calculated  
with added  
broccoli

This material was funded, in part, by USDA's Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.

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